

## Fresh tuna meatballs (serves 2)

### You will need:

- 2 tsp rapeseed oil
- Half an onion
- 1 clove garlic
- Half a tin of chopped tomatoes (200g)
- A handful each of mushrooms and olives
- 1 tsp of dried oregano
- 240g fresh tuna steak (Note you can use tinned tuna but this will not count as oily fish. Fresh tuna does.)
- 1 egg
- 2 slices of wholemeal bread made into breadcrumbs
- Some chopped walnuts
- A few basil leaves

### How to make it:

Heat the oven to 180°C/350°F/Gas Mark 4

Heat the rapeseed oil in a large pan. Add the onion and garlic cook until soft.

Add the chopped tomatoes, mushrooms, olives, oregano and black pepper and simmer for about 15 minutes

Meanwhile, cut the tuna steak into bite-size chunks and gently brown in a little rapeseed oil in a separate pan for 2-3 minutes. Once browned, place the tuna in a bowl and mix together with the egg, breadcrumbs, and chopped walnuts.

Form into 4-6 balls and place on the baking tray.

Bake in the oven for 15-20mins

Meanwhile cook the spaghetti following the packet instructions. Once the meatballs are cooked, place them in the sauce. Serve with the spaghetti and finish with a few leaves of basil.

### What does this give you?

- 1 portion oily fish (if you use fresh tuna)
- 2 portions of vegetables
- 1 portion of starchy foods

The stats (per serving): 568kcal, 2.2g saturated fat, 5.8g sugar, 7.2g fibre, 53g protein, 1.2g salt.

Preparation and cooking time: 1 hour

Approx. cost per serving: less than £4

**Allergens: Contains gluten, tree nuts, eggs, fish and possibly soya.**